



CANCER SUPPORT
COMMUNITY
GREATER PHILADELPHIA

*Providing FREE professional programs and emotional support, education and hope for people impacted by cancer, because **community is stronger than cancer.***

Looking to join CSCGP?

We host weekly orientation calls and in-person meetings for those wanting to get support through our community.

Please register for the orientation [via Zoom](#) (or call) & complete a new [member form](#).

Locations

The Suzanne Morgan Center @ Ridgeland
215-879-7733

Gilda's Club
215-441-3290

Doylestown Hospital
215-345-2022

St. Mary Medical Center
215-710-4512

Alliance Cancer Specialists @ *The Cancer Institute of Doylestown Hospital*

Alliance Cancer Specialists @ *Grand View Outpatient Center*

Alliance Cancer Specialists @ *Bensalem*

April 2023

Program Calendar

Each location (*Virtual, Ridgeland, Gilda's Club, Doylestown Hospital & SMMC*) have individual calendar pages. Programs that are hybrid are listed on *both* the virtual calendar *and* the physical location.

General Program Descriptions

Support / Networking Groups

Include programs such as; Living with Cancer, Cancer Specific Networking Groups, etc. Attendance within these groups require a pre-conversation with a staff person and attendees to join as a member.

Educational Workshops

CSCGP offers a variety of educational workshops facilitated by experts their field. Keep an eye on the calendar each month for special events.

Mind-Body Wellness programs seek to support our members who want to practice and be mindful of their health in a supportive, group environment. Our programs are taught by professionals or volunteers who want to help members who wish to work on a healthy lifestyle at their own pace.


Children & Teen Programs (CTP)

Groups and activities geared around families with school aged children and dealing with a cancer diagnosis within the home. For more information about Children & Teen Programs, email Christina@cancersupportphiladelphia.org

To view the full calendar and register to join, visit our website at www.cancersupportphiladelphia.org OR scan the QR code



APRIL VIRTUAL PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/Cancer Support 1:00pm – Reiki 1:00pm – Colorectal Cancer Networking Group 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness 6:15pm – Resilient Parenting for Bereaved Families (CTP)</p>	<p>4 9:30am – NIA <i>Sponsored by the Bob Brockman Nia Fund</i> 10:30am – Pilates 1:00pm – New Member Orientation 1:00pm – The John Lennon Real Love Project 6:30pm – Mindfulness-Based Stress Reduction Activities 7:00pm – Lymphedema Networking</p>	<p>5 9:30am – Upcoming Treatment Decisions? 10:00am – Reiki 1:00pm – Art Club 5:30pm – Yoga Therapy for Cancer</p>	<p>6 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group</p> <div style="text-align: right;">  </div>	
<p>10 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/Cancer Support 1:00pm – Reiki 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness 6:15pm – Resilient Parenting for Bereaved Families (CTP)</p>	<p>11 9:30am – NIA 10:30am – Pilates 1:00pm – New Member Orientation 1:00pm – Living <u>After</u> Cancer Support 6:00pm – The John Lennon Real Love Project 6:30pm – Ovarian Cancer Networking 6:30pm – Prostate Cancer Networking 7:00pm – Breast Cancer Networking</p>	<p>12 10:00am – Reiki 11:00am – Gentle Laughter 12:00pm – Ask The Physician 5:30pm – Yoga Therapy for Cancer</p>	<p>13 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group 11:00am – Writing For Health & Wellness 1:00pm – Digital Sherpa Training 8:00pm – Parenting Through Cancer (CTP)</p>	<p>14 10:30am – Moving through Activities of Daily Living with Cancer 12:00pm – Grief Circle</p>
<p>17 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/Cancer Support 1:00pm – Reiki 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness 6:15pm – Resilient Parenting 6:45pm – Grief Circle</p>	<p>18 9:30am – NIA 10:30am – Pilates 1:00pm – New Member Orientation 4:00pm – Blood Cancer Networking Group <i>sponsored by the Leukemia & Lymphoma Society</i> 7:00pm – My Spouse Has Cancer Support Group</p>	<p>19 10:00am – Reiki 10:30am – Writing 4 Health & Wellness 1:00pm – Art Club 4:00pm – Straight Talk about Cancer: MS 5:30pm – Yoga Therapy for Cancer 6:00pm – Straight Talk about Cancer: HS</p>	<p>20 9:00am – Restorative Yoga 10:30am – Meditation 11:15am – Living w/ Cancer Support Group 6:30pm – Young Adult Survivors Networking 8:00pm – Parenting Through Cancer (CTP)</p>	<p>21 10:00am Knitting & Crocheting Circle</p>
<p>24 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/Cancer Support 1:00pm – Reiki 2:30pm – Breast Cancer Support Group 4:00pm – Tutoring Program 5:30pm – Feel Good Fitness 6:15pm – Resilient Parenting</p>	<p>25 9:30am – NIA 10:30am – Pilates 1:00pm – New Member Orientation 1:00pm – Living <u>After</u> Cancer Support 6:30pm – Friends & Family Networking 7:00pm – Breast Cancer Networking</p>	<p>26 10:00am – Reiki 11:00am – Gentle Laughter 12:30pm – Volunteer Orientation 5:30pm – Yoga Therapy for Cancer 6:00pm – Living with Loss: MS 7:00pm – Learn More! Dragon Boating with Hope Afloat 7:00pm – Living with Loss: High School</p>	<p>27 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group 8:00pm – Parenting Through Cancer (CTP)</p>	

The Suzanne Morgan Center @ Ridgeland Mansion



CANCER SUPPORT
COMMUNITY
GREATER PHILADELPHIA

4100 Chamounix Dr. Philadelphia

215-879-7733

April 2023 Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	3 10:30am Qigong 11:30am Mindful Art Series			6 10:30am Guided Meditation	
	10 10:30am Qigong 11:30am Mindful Art Series			13 10:30am Guided Meditation 11:00am Breast Cancer Networking Group	
	17 10:30am Qigong 10:30am Decisions Over Donuts			20 10:30am Guided Meditation 1:00pm New Member Orientation	
23 11:00am Nia Jam <i>Sponsored by the Bob Brockman Nia Fund</i>	24 10:30am Qigong 11:00am Metastatic Cancer Networking Group			27 10:30am Guided Meditation	



**CANCER SUPPORT
COMMUNITY**
GREATER PHILADELPHIA

Gilda's Club

**(CTP) denotes Children, Teen & Family programming*

200 Kirk Road, Warminster PA

215-441-3290

April 2023 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:30am More Than My Diagnosis Art Show
3 12:00pm Gentle Yoga	4 10:30am Wool Applique Club 6:30pm Kid Support <i>Week 1 - CTP</i>				
10 12:00pm Gentle Yoga 1:30pm Mindful Art Workshop	11 6:30pm Kid Support <i>Week 2 - CTP</i>	12 6:30pm Living with Loss: Kids, Teens & Families <i>CTP</i>			
17 12:00pm Gentle Yoga 1:30pm Afternoon Tea 2:00pm New Member Orientation	18 6:30pm Kid Support <i>Week 3 - CTP</i>		20 11:00am Arleen Boyes Quilting Circle		
24 12:00pm Gentle Yoga 1:00pm Cancer Transitions <i>Week 1</i>	25 6:30pm Kid Support <i>Week 4 - CTP</i>		27 10:30am Writing for Health & Wellness		

Tuesday April 4, 2023

10:00-10:30am Morning Meditation

10:30-11:30am Living with Cancer Support Group **pre-registration required*

Tuesday April 11, 2023

10:00-10:30am Morning Meditation

10:30-11:30am Living with Cancer Support Group

Monday, April 17, 2023

9:00-12:00pm Head/Neck & Testicular Cancer Awareness

Tuesday April 18, 2023

10:00-10:30am Morning Meditation

10:30-11:30am Living with Cancer Support Group

Tuesday April 25, 2023

10:00-10:30am Morning Meditation

10:30-11:30am Living with Cancer Support Group

Wednesday April 5, 2023

11:00-12:00pm Survivor's Circle **pre-registration required*

11:00-1:00pm Open Art Studio

1:00pm Art Club

Wednesday April 12, 2023

11:00-1:00pm Open Art Studio

1:00pm Reiki

Wednesday April 19, 2023

11:00-12:00pm Survivor's Circle

11:00-1:00pm Open Art Studio

1:00pm Art Club

Wednesday April 26, 2023

11:00-1:00pm Open Art Studio



Anyone interested in joining the weekly LWC Support Group must speak with Beth Cribb before attending. Registration is preferred for all events; drop-in visitors will be welcome at Networking Groups and Workshops.

For more information & to register for programs, please contact **Beth Cribb @ 215-345-2022** or email bethc@cancersupportphiladelphia.org

Located in the **Behind the red door on the main hallway**

595 West State Street, Doylestown, PA 18901



Trinity Health
Mid-Atlantic

ST. MARY MEDICAL CENTER

April 2023 Program Calendar



CANCER SUPPORT
COMMUNITY
GREATER PHILADELPHIA

Thursday April 6, 2023

11-11:30am Guided Meditation

11:40-1:00pm Living with Cancer Support Group **pre-registration required*

Thursday April 13, 2023

11-11:30am Guided Meditation

11:40-1:00pm Living with Cancer Support Group **pre-registration required*

Thursday April 20, 2023

11-11:30am Guided Meditation

11:40-1:00pm Living with Cancer Support Group **pre-registration required*

Thursday April 27, 2023

11-11:30am Guided Meditation

11:40-1:00pm Living with Cancer Support Group **pre-registration required*

**Anyone interested in joining the weekly LWC Support Group must speak with Sofie Pollack before attending.
Registration is preferred for all events; drop-in visitors will be welcome at Networking Groups and Workshops.**

For more information & to register for programs, please contact Sofie Pollack, LSW at **215-710-4512** or
email sofie@cancersupportphiladelphia.org

Located in the **Cancer Center conference room**

1201 Langhorne-Newtown Rd., Langhorne, PA 19047

Parking in back parking garage. Enter on ground level, and sign in as guest at visitor's desk. Walk through double doors to Cancer Center entrance on your right